

CHURCH CALENDAR

Sunday, March 6th: Sunday of Cheesefare (Forgiveness)
Tuesday, March 8th: 6:00 P.M.– Parish Council Meeting
Sunday, March 13th: Sunday of Orthodoxy– First Sunday of Lent
Extra Tray– Seminarians
Daylight Savings Time
5:00 P.M.– St. Mary Church Hosting R.I Clergy Fellowship (Vespers & Refreshments)
Saturday, March 16th: 9:00 A.M.– Divine Liturgy on Lazarus Saturday
Sunday, March 20th: Gregory Palamas– Second Sunday of Lent
Friday, March 25th: 9:00 A.M.- Liturgy for the Annunciation of the Theotokos
Sunday, March 27th: Holy Cross– Third Sunday of Lent
Memorial Service for Alan Matook (40 day)
Saturday, April 2nd: 6:00 P.M.– Arabic Liturgy
Sunday, April 3rd: John Climacus– Fourth Sunday of Lent
Sunday, April 10th: Mary of Egypt– Fifth Sunday of Lent
Memorial Service for Ruth Salhany (12 years)
Memorial Service for William Salhany (6 months)
Tuesday, April 12th: 7:00 P.M.– Parish Council Meeting
Sunday, April 17th: Palm Sunday
Sunday, April 24th: Great & Holy PASCHA
Sunday, May 1st: Sunday of St. Thomas
Saturday, May 7th: 6:00 P.M.– Arabic Liturgy
Spring Hafli (save the date– more info to follow)
Sunday, May 8th: Sunday of Myrrh-bearers
Mother's Day
Tuesday, May 10th: 7:00 P.M.– Parish Council Meeting
Sunday, May 15th: Sunday of the Paralytic
Sunday, May 22nd: Sunday of the Samaritan Woman
Sunday, May 29th: Sunday of the Blind Man
Memorial Service for Charitable Gift Participants
Monday, May 30th: Memorial Day
9:00 A.M.- Prayers at Walnut Hill Cemetery
Saturday, June 4th: 6:00 P.M.– Arabic Liturgy
Sunday, June 5th: Fathers of the 1st Ecumenical Council



SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



Sunday, March 6, 2022

**Sunday of Forgiveness
(Cheesefare)**

Saint Mary Antiochian Orthodox Church

“A parish of the Antiochian Orthodox Christian Archdiocese of North America”

Church Office hours: Monday– Friday 9am-1pm
 249 High Street, Pawtucket, RI 02860
 Phone (401) 726-1202 Fax: (401) 729-1203
 Parish Center Phone (401) 725-5150
 Web site: <http://stmarypawtucket.org>
 Email: office@stmarypawtucket.org

**His Eminence Metropolitan JOSEPH, Archbishop of New York
 & Metropolitan of all North America**

**His Grace Bishop JOHN, Auxiliary and Bishop of the
 Diocese of Worcester and New England**

V. Rev. Father Elie Estephan
 Cell- 1-(240) 205-9079

Sub-Deacon Emad Amirhom

Schedule of Services

<i>Sunday: Orthros (Matins)</i>	<i>9:00 a.m.</i>
<i>Church School</i>	<i>11:15 a.m.</i>
<i>Sunday: Divine Liturgy</i>	<i>10:00 a.m.</i>

*Enter in Quietness, Rest in Prayer,
 Worship in Reverence, Depart in Peace to Serve*

We welcome our Visitors & Guests: Please take a moment to fill out a Visitor Card.

Receiving Communion: Only those Orthodox Christians who have prepared themselves may approach the chalice for Holy Communion. Everyone is welcome to partake of the Holy Bread after the Liturgy.



Prayer Line

St. Mary ~ Internet Prayer Line
 Prayer requests can be sent to us via the internet at
office@stmarypawtucket.org

All requests must be received by Wednesday noon to be included in that week’s bulletin.
 Any requests received after that time will be included in the following week’s bulletin.

Coffee Hour Committee: *Latifa Alarmani- (781)414-6281*
(Please contact her to sponsor a coffee hour.)

The Parish Council has decided to implement a new system to organize our coffee hours. There are two ways to handle this: when a couple, family, or an individual decides to sponsor the coffee hour, you may do it on your own which entails purchasing the pastry & juice, making the coffee, setting up the table, and cleaning up. The second option is to donate \$200 to the church so that a Parish Council member will handle the coffee hour on your behalf.



Coffee Hour Sponsorships.

Date:

Sponsored by:

Sponsored for:

March 13th:
March 20th:

Emile, Ling.H & Emilio Sarkis
Fadi &Hadeel Samaan
Sami Dahdal

Health of Family
Health of Family
Health of Family
Dr. Alan Matook

March 27th:
April 3rd:
April 10th:

His Loving Family
Dr. Zeyad & Norma Morcos
Their Loving Family

Health of Iyad & Elias Morcos
Ruth Ganim Salhany (12 years)
William Salhany (6 months)

(Barbara & George Moussalli & Family,
 Ken & Rania Salhany & Family, Bill & Susan Salhany & Family)

April 17th:
April 24th:

not available
not available

Palm Sunday
Great & Holy PASCHA

May 1st:
May 8th:

available for sponsorship
available for sponsorship

May 15th:
May 22nd:
May 29th:

Their Loving Family **Memory of Fred, Sophie and Paula Hallal**
Adolina & Alex Najjar & Family **Rosette Wadih Alhaddad (1 year)**
Charitable Gift Program **Charitable Gift Program Participants**

June 5th:
June 12th:

Nabil & Salwa Khoury
St. Mary Church

Health of Family
Last Day of Church School & Luncheon

June 19th:
June 26th:

available for sponsorship
available for sponsorship

July 3rd:
July 10th:

available for sponsorship
not available

July 17th:
July 24th:

not available
Dr. Zeyad & Norma Morcos

Health of Elias Morcos (son)
Memory of Elias Morcos (father)

July 31st:
August 7th:
August 14th:
August 21st:
August 28th:

available for sponsorship
available for sponsorship
available for sponsorship
not available
available for sponsorship

Feast Day Weekend Aug. 19th-21st

In the Gospel lesson in the Orthodox lectionary prescribed for the Sunday before Great Lent (Cheese-fare Sunday), the Lord Jesus offers us a three-part recipe for Lent: forgiveness, fasting, and laying up treasures in heaven.

Forgiveness

The trouble with our world today is that we have built too many walls. There was the Iron Curtain. The Bamboo Curtain. Walls between the races, between husbands and wives, parents and children. Walls between man and God. One of the best ways to tear down walls is by forgiveness. The walls between man and God are built by sin. During Great Lent the Church calls upon us to look at the cross of Jesus and His great mercy. She invites us to come to Christ during this time in the great Sacrament of Confession to exchange our sins for the riches of His Grace, to taste and experience for ourselves the sweetness of His forgiving love. Having received His forgiveness, God calls on us to grant forgiveness to all who have hurt us and also to seek forgiveness from those whom we have hurt. God offers us His forgiveness very graciously and generously. But, His forgiveness obligates us to forgive others. This is exactly what Jesus says in this Gospel passage: "For if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses." (Matthew 6:14-15) Christianity begins with the forgiveness of our Lord. But it does not end there. Because I have been forgiven and daily am being forgiven by God for my many sins, I am obligated to forgive others. So Lent becomes a time for tearing down walls first between man and God and then between neighbors. Fr. Alexander Schmemmann has written in his book Great Lent:

"The triumph of sin, the main sign of its rule over the world, is division, opposition, separation, hatred. Therefore, the first break through this fortress of sin is forgiveness; the return to unity, solidarity, love. To forgive is to put between me and my 'enemy' the radiant forgiveness of God Himself"

Our first challenge for Great Lent is to receive God's forgiveness and to forgive.

Repentance is the renewal of life. This means we must free ourselves of all our negative traits and turn toward absolute good. No sin is unforgiveable except the sin of unrepentance.... There are also tears of repentance, when a person's conscience tells him that he has committed many sins. When he realizes his sinfulness, he weeps. That is an act of God's Grace— a soul repents, and the sin is washed away by tears... When a person realizes his sinfulness, he gradually frees himself from the cares of this world and from his own egoism and when this occurs, it is in a state of Grace.

~Elder Thaddeus of Vitounica



Sunday of Forgiveness

Tone: 4 Eothinon: 4

RESURRECTIONAL APOLYTIKION: TONE 4

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy

APOLYTIKION OF THE DORMITION: TONE 1

In thy birth-giving, O Theotokos, thou didst keep and preserve virginity; and in thy falling-asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore, by thine intercessions, deliver our souls from death.

KONTAKION FOR SUNDAY OF FORGIVENESS: TONE 6 (chant) (choral)

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.



Visitations

Please contact Fr. Elie with any names of parishioners that are in need of visitation either at home, in hospital or nursing homes.

Arabic Liturgy

Arabic Liturgy is being offered the first Saturday of each month at 6:00 P.M. All are welcome and encouraged to attend.

THE EPISTLE

O chant unto our God, chant ye. Clap your hands, all ye nations!

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

THE GOSPEL

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.



St . Mary Church School

& Teen SOYO News

Attention All Parents: Please bring your children to the Liturgy before Church School. Church School starts every Sunday following communion (Approx. 11:15am).

Upcoming events:

Saturday, March 12th: 4pm-Bowling at Town Hall Lanes in Johnston, RI
Sunday, March 13th: Sunday of Orthodoxy-no Sunday School, bring an icon to Liturgy
Saturday, April 16th: 9am-Lenten Retreat (before and after Liturgy)



Happy Birthday to everyone who has a birthday during the month of March.

Nora Abdelahad	Charles Abosamra	Elaine Agaty
Michael Andrews	Michele Astphan	Paul Astphan
Charles Cavanaugh	Bryan Chowning	Florence Spenard
Bret Decristoforo	Taylor Decristoforo	Elie Dellaleh
Asher Duncan	Fatat El-Khaouli	Tala Estephan
Mary Gurghigian	Paula Hallal	Donna Slemon
Dan Hayes	Colette Jeha	Dalia Karam
Elias Karwashan	Fred Kilsey	Elene Mahfouz
Anthony Mechrefe	Kristen Moussalli	Joelle Saade
John Salhany	Kenny Salhany	Saliba Saliba
Beth Schillawski	David Shwaery	Jack Silva

*****if you have a March birthday and do not see your name– we do not have it in our database– please email or call the church office to have you and your family members added.*****

St. Mary Antiochian Orthodox Church, Pawtucket

Schedule of Services: Great Lent 2022

Great Lent begins on March 7th

The Service of Great Compline (Diocese) will be held on Monday evenings at 6:00 pm.
The Service of Great Compline (St. Mary Church) will be held on Tuesday evenings at 7:00 pm.
Thursday Evenings (in Arabic) at 7:00pm

The Liturgy of the Pre-sanctified Gifts will be held on Wednesday evenings at 7:00 pm. Those wishing to partake of Holy Communion ought to be fasting from 12:00 noon on.

The service of the Akathyst Hymn or Madeeh (The Salutations to the Virgin Mary) will be held on the first five Friday evenings of Great Lent at 7:00 pm.

**The service of Lenten Vespers will be held on the following Sunday evenings at the following churches at 5:00 pm:

~ March 13th:	St. Mary Church, Pawtucket (249 High St., Pawtucket, RI)
~ March 20th:	St. John's Parish (501 East St., Woonsocket, RI)
~ March 27th:	St. Spyridon's Parish (390 Thames St., Newport, RI)
~ April 3rd:	St. Michael's Parish (74 Harris Ave, Woonsocket, RI)
~ April 10th:	St. Mary/Mena's Parish (2433 Scituate Ave, Hope (Cranston))

***These Vespers are held and organized by the Rhode Island Orthodox Clergy Fellowship*

Eve of Annunciation Great Vespers: Thursday, March 24th- Annunciation Parish (175 Oaklawn Ave, Cranston at 6:00 p.m.
Liturgy for the Annunciation of the Theotokos: Friday, March 25th:- St. Mary Church, Pawtucket at 9:00 a.m.

The Divine Liturgy on Lazarus Saturday, April 16th, will be celebrated at 9:00 a.m.

Palm Sunday is on April 17th

Holy Week starts on Sunday evening April 17th with the Bridegroom Service at 7:00 p.m.

Great and Holy Week: Monday, April 18th - Saturday, April 23rd

Great and Holy PASCHA (Easter) is April 24th

May the Living God, the Fountain of Wisdom, enlighten our minds, strengthen our bodies, and nourish our souls in the blessing of this holy season, the Lenten Spring.

PRAYERS ARE BEING OFFERED FOR GOOD HEALTH AND BLESSING OF:

Kevin Hashway
Mark Hashway
Offered by: Elaine Wilbur

Victoria Hallal
Offered by: Ron Hallal

Josephine Karam
Ed Betor
Offered by: Elie, Julia & Naji Karam

Nabil Khoury
Cindy Hayes
Mary Massiwer
Saliba, Robin, Bianca, Michelle Saliba
Offered by: Nabil & Salwa Khoury

Cindy Hayes
Tony and Fadia Kabak
Mary Massiwer
Mack and Louise Megalli
Mother Xenia Minihan
Elmer and Cheryl Stanley and Family
Madison Tucker
Offered by: Michael, Nancy, Jacob & Victoria Muller

Mary Massiwer
Elaine Wilbur
Lorice Hallal
Florence Spenard
Offered by: Vicki Hallal

Cindy Hayes
Mary Massiwer
Offered by: Elaine Gauthier

Mary Massiwer
Cindy Hayes
Offered by: Joe & Marlene Samra

Mary Massiwer
Offered by: Nora Abdelahad
Elaine Agaty
Sandra Matook & Family



Nylah Trabulsi
Samy Morcos
Helen Morcos
Cindy Lee Hayes
Mary Massiwer
Offered by: Ray & Leila Trabulsi

Mary Massiwer
Cindy Hayes
Offered by: Lorice Hallal

IN LOVING MEMORY OF:

Janice Hallal
Offered by: Her Loving Husband Ron

Fred Hashway
Offered by: Elaine Wilbur

Al Hallal
Offered by: Ron Hallal

Albert Hallal
Offered by: Rhonda, Keith & Sharyn Hallal
& Family

Janice Hallal
Offered by: Rhonda Hallal, Bob Lienert, Hanna & Emma, Sharyn Hallal, Keith & Maria Hallal, Isabel & Matthew

Alan Matook
Offered by: Audrey & Wayne Kilsey

Dr. Alan Matook
Offered by: Vicki Hallal

Dr. Alan Matook
Offered by: George & Lois Kilsey



Cemetery Plots

If you wish to purchase a cemetery plot at Walnut Hill Cemetery, the cost is \$1,000. Please contact Ed Ayoub for more information or to purchase a plot.

GREAT LENT 2022

March 7th ~ April 24th (Holy Pascha)



What is Lent?

Prayer † Fasting † Acts of Mercy

Orthodox Vocabulary

Lenten Fasting

Fasting is an essential element of the Christian Life. Christ fasted and taught men to fast. Blessed fasting is done in secret (Matthew 6:16; Romans 14). It has as its goal the purification of our lives, the liberation of our souls and bodies from sin, the strengthening of our human powers of love for God and man, the enlightening of our entire being for communion with the blessed Trinity. The Orthodox rules for Lenten fasting are the monastic rules. No meat is allowed after Meatfare Sunday and no eggs or dairy products after Cheesefare Sunday. These rules exist not as a Pharisaic "burden too hard to bear" (Luke 11:46), but as an ideal to be striven for; not as an end in themselves, but as means to spiritual perfection crowned in love. The fast of Great Lent continues from Meatfare Sunday to Easter Sunday. And is broken only after the Paschal Divine Liturgy. Knowing the great effort to which they are called, Christians should make every effort to fast as well as they can, in secret, so that God would see and bless them openly with a holy life. Each person must do his best in the light of the given ideal.

THE SYNAXARION (Plain Reading)

On March 6 in the Holy Orthodox Church, we commemorate the 42 martyrs of Amoria in Phrygia; the discovery of the precious cross and nails by St. Helena; and Venerable Fridolin, enlightener of the Upper Rhine. On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight. Verses Let the world mourn bitterly along with ages past; As, by sweet eating, it hath fallen along with those who had fallen. It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments. By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

Spring / Mother's Day Hafli

Date: Saturday May 7, 2022

Time: 8:00 pm-1am

Place: St. Mary Parish Center

Singer: Salah Kurdi

****more information to follow****



There are many unsponsored Coffee Hours. If you would like to sponsor one, please contact:

Latifa Alarmani- (781)414-6281

Thank you for your support.

